**Be calm.**



**Join us for a workshop on *mindfulness***

*“Mindfulness means paying attention in a particular way: on purpose, in the present moment and non –judgmentally.”* Jon Kabat- Zinn

**Mindfulness Workshop: gentle, restorative yoga and breathing techniques for a relaxed and resilient body and mind**

**Who:** District Staff and Colchester Community Members (ages 18+)

**What:** Free Mindfulness Workshop

**Where:** CHS Library

**When:** Wednesday March 28th 3:30-4:45pm

**RSVP: E-mail Connie Gavin at** [**gavinc@csdvt.org**](mailto:gavinc@csdvt.org) **by Monday March 26th if you wish to participate!**

**Goals**:

* **To have an enjoyable break at the end of the work day!**
* **To decrease the stress response and increase relaxation response**
* **To increase the capacity to be more grounded and at ease with the stressors of a busy classroom**
* **To teach simple and gentle yoga postures and breathing practices that teachers can use throughout your day**
* **To experience the meaning and benefit of mindfulness**

**Class content**:

* Define Mindfulness: mindfulness experiment
* Guided Yoga: 6-movements of the spine both sitting and standing.

(This is a series that could be used in the classroom or other work setting for 10 minute yoga breaks)

* Restorative Yoga Pose- to foster deeper relaxation in the body and invite rest
* Yoga Breathing Techniques that can be done throughout the day and on the spot.
  + - * + Sun breath- a simple breath and movement practice that helps energize and relax the body.
        + Three-part yogic breath: helps center and calm the mind and restore the relaxation response.
        + Letting Go Breath: A first –aid tool to stressful moments.
* Participants: open to all bodies and levels of experience

**Workshop Notes**:

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* Workshop length: 75 minutes / 3:30-4:45pm
* Participants will need to bring water and a large towel, blanket or yoga mat
* Teacher: *Martha Whitney has been teaching yoga for over 20 years and has offered yoga workshops for the South Burlington Schools Wellness and Resilience Program. She creates a welcoming, safe, and fun environment to explore yoga. Students leave class feeling more comfortable, confident, and resilient.*

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